



**Wellness REACH**  
A Ministry of First Baptist Church of Universal City

January 2022

**Could your 'temple' use some remodeling or repairs?** The Wellness Reach initiative of FBCUC is intended to impact the holistic health of our members and community. FBCUC has partnered with Texas A&M University to kick off our Well Church Initiative.

The **Well Church Conference** is a virtual educational experience for churches and communities seeking trusted, expert education, practical tools, and solutions to help us make informed decisions in critical health and wellness areas we faced today. Conference topics will include Active Living, Healthy Eating, OPIOID Misuse, and Mental Wellness.

As an added bonus, we will have a local guest speaker helping us understand the good and bad components of stress on our body. A complimentary lunch will be provided.

The Conference is **FREE**. Seats are limited so sign up today by visiting our website at [www.fbcuc.org](http://www.fbcuc.org) or by using the QR code to register.



**Water Drinking Challenge** is a church wide challenge to encourage everyone to drink more water. We could begin with replacing non-water beverages with water at our meals. We know it may be hard to do all at once, so our challenge is to begin the year by drinking additional 16 ounces per day for the month of January, unless water restrictions are medically advised.

Since our body weight is 50 -70% water, it is easy to see that water is essential for proper functioning. Benefits include improved kidney and digestion function, maintaining normal temperature, protecting and lubricating joints and sensitive tissues, and better brain health.

**Want to Sharpen your memory?** Join us each month for **Scripture Memory Challenge**. For centuries, educators have seen the incredible benefits of memorization. The discipline of memorization helps to train the mind to focus for longer periods of time and develops your language skills and vocabulary.

When it comes to memorizing the Word of God, these benefits are brought to a whole new level. We aren't just training our mind to focus; we are training it to focus on truth. We aren't just developing our vocabulary; we are learning God's vocabulary. We are weaving His thoughts into our minds. Join us in learning a new scripture each month.

## SCRIPTURE MEMORY CHALLENGE

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

3 John 1:2 (NIV)

## UPCOMING EVENTS & CHALLENGES

### Well Church Conference

Feb 19 , 2022  
Peace Auditorium  
8 a.m. - 2 p.m.

### Praise Moves

at 9 a.m. every  
Monday, Wednesday, Friday  
Rec Center

### 30/30 Movement

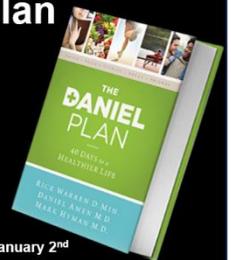
February

## Join Us in Reading

### The Daniel Plan

40 Days to a  
Healthier Life

By: Rick Warren D. Min.,  
Daniel Amen M.D.,  
Mark Hayman M.D.



Available to purchase in the foyer on January 2<sup>nd</sup>

Join us in reading the recommended book together. Share your comments with us by posting to the "Wellness Reach" Facebook page.

*The Daniel Plan* teaches simple ways to incorporate healthy choices into your lifestyle and helps you understand the kind of foods God created to keep you fit and strong.

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

3 John 1:2 (NIV)

## Did You Know?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. Daily fluid intake (total water) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. About 20% of daily fluid intake usually comes from food and the rest from drinks. Drinking enough water every day is good for overall health. It is recommended that adults should aim to drink an average of **eight cups** of water a day.

## MAKE A PLEDGE TO WELLNESS TODAY!

Begin to start implementing small changes within your life that can have a big impact on your health for years to come. To sign our pledge, please go to foyer January 2nd to make a commitment or at the Welcome Desk or on our website afterwards.

	<b>WELLNESS COMMITMENT PLEDGE</b>
I _____ pledge a one year commitment to improve in the following area(s) of wellness:	
<input type="checkbox"/> Physical – making healthier food choices, becoming more active	
<input type="checkbox"/> Financial – improve in the area of giving, saving and get out of debt	
<input type="checkbox"/> Spiritual – spending more time in prayer, memorizing scripture	
<input type="checkbox"/> Relational – connecting with loved ones, making new relationships	
<input type="checkbox"/> Mental – maintain and increase intellectual focus	
<input type="checkbox"/> Emotional – gratefulness, coping skills, resilience, creating your own life worth	
I will participate in 2 Wellness REACH events, activities, challenges or seminars this year.	
Tell us why you're taking the Pledge: _____	
SIGNATURE _____	DATE _____

Connect with us on Facebook at [Wellness Reach](#)



## RECIPE OF THE MONTH

### Recipe **Rosemary Chicken (Tuscan Style)**

Servings **6**

#### Ingredients

3 tablespoon butter  
1½ tablespoon olive oil  
3 cloves garlic  
3 large boneless, skinless chicken breasts  
½ cup red wine vinegar  
1 teaspoon salt  
1 cup chicken stock  
3 tablespoon fresh rosemary  
¾ teaspoon pink peppercorns

#### Directions

- Cut each chicken breast in half. Blot the chicken dry with a paper towel.
- Heat a large skillet over medium-high heat. Add the butter and olive oil. When the butter has melted, add the whole garlic cloves and cook for about 30 seconds to flavor the butter. Once the garlic is golden, discard.
- Add the chicken breasts and cook until well-browned on both sides, about 1-2 minutes.
- Reduce the heat to medium and add the vinegar and salt. Cover and cook for about 5 minutes until the vinegar aroma subsides.
- Add the rosemary. Cook uncovered until the chicken is tender and has reached 165 degrees Fahrenheit on a thermometer (about 10 minutes). Remove the chicken to a large platter.
- Add the peppercorns to the skillet and bring the sauce to a boil. Boil for 3 – 5 minutes until the sauce has reduced and is slightly thickened. Pour over the chicken to serve.